

Seafood Splendor

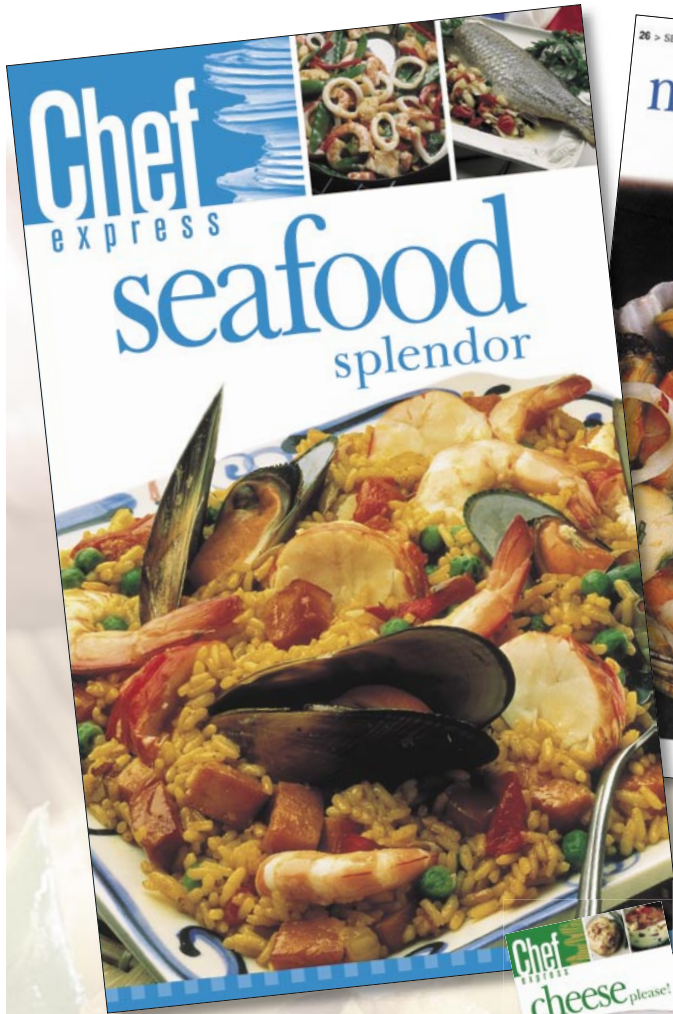
Chef

express™



Series 2

Quick to prepare, versatile and a great source of protein and good oils, seafood has become an important part of our quest for a healthier lifestyle. Nothing is as exciting, delicious and as nutritious as very fresh fish, crab, lobster, calamari or oysters. From simple lunches to elegant dinner parties, Seafood Splendor offers a variety of quick-and-easy, beautifully illustrated seafood recipes for you to enjoy



Collect all 12 in the series!




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